Title: Bent Over Barbell Rows

Primary Muscle Groups: Lower Back, Middle Back / Lats

Secondary Muscle Groups: Abs, Biceps, Forearms, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Set up a barbell on the floor and stand facing it with your legs slightly wider than shoulder width apart and your knees slightly bent.</li>

<li>Bend forward at your waist and grip the barbell with an overhand grip.</li>

<li>Keep your back straight and nearly parallel to the floor.</li>

<li>Keep your head and neck straight. This is the start position.</li>

<li>Without moving your torso, exhale and lift the barbell up towards you.</li>

<li>Keep your elbows close in to your bodyand use your forearms to support the weight.</li>

<li>At the top of the movement, hold for a count of one and sqyeeze your back muscles.</li>

<li>Return to the start position inhaling as you do so.</li>

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